

Please amend the application as follows:

In the Claims

Please cancel Claims 1-13 and 15-18.

Please amend Claim 14. Amendments to the claims are indicated in the attached "Marked Up Version of Amendments" (page i).

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14. (Amended) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising a low-glycemic-index carbohydrate, protein comprising alpha lactalbumin-enriched whey protein, fat, caffeine and 5-hydroxytryptophan (5-HTP), in amounts that together work to manage conditions associated with stress.

Please add new Claims 19-41.

19. (New) The method of Claim 14, wherein the nutritional supplement is in the form of an extruded bar.
20. (New) The method of Claim 14, wherein the nutritional supplement is in the form of a powder.
21. (New) The method of Claim 14, wherein the carbohydrate is a low-glycemic-index carbohydrate grain.
22. (New) The method of Claim 14, wherein the carbohydrate source further provides a source of fiber.

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23. (New) The method of Claim 14, wherein the carbohydrate source is selected from the group consisting of fructose, barely, steel cut oats, oat bran, soy, psyllium and combinations thereof.
24. (New) The method of Claim 14, wherein the protein is alpha lactalbumin-enriched whey protein.
25. (New) The method of Claim 14, wherein the fat is a non-atherogenic oil, partially hydrogenated oil or combinations thereof.
26. (New) The method of Claim 24, wherein the non-atherogenic oil is vegetable oil.
27. (New) The method of Claim 25, wherein the vegetable oil is selected from the group consisting of: canola, olive, soy, safflower, sunflower, corn and combinations thereof.
28. (New) The method of Claim 24, wherein the non-atherogenic oil is fish oil.
29. (New) The method of Claim 14, wherein ingredients of the nutritional supplement are separately assembled.
30. (New) The method of Claim 14, wherein the nutritional supplement is administered as part of a food or beverage.
31. (New) The method of Claim 14, wherein the nutritional supplement is administered as part of a pharmaceutical composition.
32. (New) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising, from about 1 to about 100 grams low-glycemic-index

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carbohydrate, from about 1 to about 100 grams alpha lactalbumin-enriched whey protein, from about 1 to about 50 grams fat, and from about 1 mg to about 600 milligrams caffeine, in amounts that together work to manage conditions associated with stress.

33. (New) The method of Claim 32, wherein the nutritional supplement further comprises from about 1 to about 900 milligrams 5-hydroxytryptophan (5-HTP).
34. (New) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising, from about 10 to about 50 grams low-glycemic-index carbohydrate, from about 10 to about 30 grams alpha lactalbumin-enriched whey protein, from about 3 to about 10 grams fat, and from about 20 to about 200 milligrams caffeine, in amounts that together work to manage conditions associated with stress.
35. (New) The method of Claim 34, wherein the nutritional supplement further comprises from about 20 to about 200 milligrams 5-hydroxytryptophan (5-HTP).
36. (New) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising a low-glycemic-index carbohydrate, protein comprising alpha lactalbumin-enriched whey protein, fat, and caffeine, in amounts that together work to manage conditions associated with stress.
37. (New) The method of Claim 36, wherein the nutritional supplement further comprises 5-hydroxytryptophan (5-HTP).
38. (New) The method of Claim 36, wherein the carbohydrate is a low-glycemic-index carbohydrate grain.